

CLAIMS

1. A method for preparing health-promoting white kimchi, in which a
condiment mass prepared from radish, apple, pear, chestnut, carrot, onion, jujube,
red pepper, clove onion, dropwort, *Opuntia ficus midia*, garlic and ginger is applied
5 to each leaf of marinated Chinese cabbage, and the seasoned cabbage is garnished
with pine nuts and soaked in salt water.

2. The method as set forth in claim 1, wherein said Chinese cabbage is
trimmed, cut into two halves, immersed in about 8 % salt solution for about 12
hours, rinsed and dewatered.

10 3. The method as set forth in claim 1 or claim 2, wherein the condiment
mass is prepared by mixing about 9.3 parts by weight of radish segments with about
1 part by weight of clove onion pieces about 4 cm long, about 1 part by weight of
dropwort stem pieces about 4 cm long, about 3 parts by weight of apple pieces,
about 3 parts by weight of pear pieces, about 0.5 part by weight of chestnut pieces,
15 about 2 parts by weight of carrot pieces, about 2 parts by weight of onion pieces,
about 0.5 part by weight of *Opuntia ficus midia* pieces about 0.2 mm thick, about
0.1 part by weight of red pepper sections, about 0.3 cm thick, removed of seeds,
about 0.3 part by weight of jujube flesh slices, about 3 parts by weight of crushed
garlic, and about 1 part by weight of crushed ginger, along with about 0.3 part by
20 weight of salt, and said prepared condiment mass is applied to each leaf of about
51.5 parts by weight of the cabbage, and the cabbage is wrapped with its outer
leaves, garnished with about 0.5 part by weight of pine nuts, and soaked in about 20
parts by weight of soured water.